

Network for Counsellors in the North West

[www.counselling-northwest.org.uk](http://www.counselling-northwest.org.uk)

# NEWSLETTER

*January 2016*

*Volume 18 Issue 2*



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## ABOUT COUNSELLING NORTHWEST

**Counselling Northwest is a networking group founded, and run, by practising counsellors for those who are interested in practising and encouraging counselling and therapy in the north west. It is a group voluntarily run BY counsellors FOR counsellors.**

The group holds regular evening meetings and occasional day-long workshops, all of which cover a wide variety of topics of interest to members. Suggestions for topics and speakers are always very welcome. Non-members of **Counselling Northwest** are welcome to attend members' meetings, but are requested to pay a visitor's fee of £5.

**Membership Application + Renewal form is on pages 19/20**

**The form can also be downloaded from the CNW website**

Three newsletters are currently published each year; September, January and April, and carry details of forthcoming meetings, workshops and events.

Articles for inclusion in the newsletter are always welcomed as are any contributions connected to the world of counselling.

Meetings are held generally once a month (at 7.00p.m. (unless specified otherwise) at the **Friends Meeting House**, 13 The Polygon, Eccles, Manchester, M30 0DS ([www.quaker.org.uk](http://www.quaker.org.uk)) **The meeting room is just off J2 – M602 sign-posted Pendleton, A576**

**N.B. Membership of Counselling Northwest is not intended as a substitute for membership of a Professional Body such as BACP, BABCP, UKCP etc. It is a Networking Group and as such is intended as an additional resource.**



## LETTER FROM THE CHAIR

The time has come, once again, to welcome in the New Year and perhaps to reflect upon what has gone before and consider what the coming year might bring. No doubt our clients will require support in achieving their therapeutic goals as they resolve to make the changes they have promised themselves for 2016. Perhaps you, dear reader, strive to initiate some personal or professional changes and I am sure that CNW can continue to facilitate your CPD to your satisfaction.

As we all ring in the changes I'm sure you will join me in thanking the committee at CNW for their tireless efforts in the smooth running of events and networking meetings thus far. As we journey together into the coming year take time to glance occasionally to your fellow members and offer them your individual support in the true spirit of networking.

2016 promises to be a fantastic year for workshops and the like. I, for one, am quite excited to see some excellent speakers and trainers coming along to share their knowledge and expertise, and am once again reminded of the wealth of skills and experience you have which I encourage you to share.

I look forward to seeing you all soon and would like to take this opportunity to wish you all a happy, healthy and prosperous year.

**Steve Leach.**



# **CPD OPPORTUNITIES!**

## **DATES FOR YOUR DIARY**

See page 27 for directions to our venue for both meetings and workshops:  
The Friends Meeting House, 13 The Polygon, Eccles, Manchester, M30 0DS  
All evening meetings start at 7pm

### **EVENING SPEAKERS MEETINGS**

**Thursday 21st January 2016**

#### **Transactional Analysis - Working with Transference.** **With Nigel Dawson**

In this presentation Nigel will share some tools with which transactional analysts work with transference.

We will have a whistle-stop tour of a range of theoretical models which might be usefully incorporated into your practice.

Nigel will also be including a couple of his favourite tools used in diagnosis and treatment planning.

#### **About Nigel**

Nigel has over 25 years experience of providing psychological wellbeing services, in both the NHS and private practice, enjoying the challenge and reward of supporting people to bring about positive and lasting change in their lives.

He has held both clinical and managerial roles, often a combination of both, in both primary care and in-patient settings. He has contributed to written local and national guidelines for clinical practice and has a passion for improving services for those living with 'personality disorder.'

Nigel describes his most rewarding role as providing counselling and psychotherapy for those living in homelessness, which included asylum seekers and refugees.

As an independent therapist, he offers counselling, coaching, and clinical supervision.



## **DATES FOR YOUR DIARY CONTINUED:**

### **MEETINGS CONTINUED:**

**Tuesday 23rd February 2016**

#### **Introduction to Sex Addiction**

##### **With Mr Chi Ko**

This training session will provide an overview of Sex Addiction including its definition, epidemiology, signs and symptoms, causes, and current treatment models. At the end of the session, the participants will have gained an understanding of the main components of Sex Addiction and a simple way to assess if someone has Sex Addiction.

This training is suitable for anyone who would like to have an overview of Sex Addiction. It does not equip participants to provide Sex Addiction Treatment; however, it will assist practitioners/counsellors to identify clients with Sex Addiction and to take appropriate actions such as referring on to other specialist agents.

**Mr Chi Ko BSc RMN RPSI PGDipPST  
MBACP Accredited COSRT Accredited**

Chi has a private practice and is the visiting Psychosexual Consultant at the Priory Wellbeing Centre in Preston. He works for Blackpool NHS as the Specialist Psychosexual Therapist and volunteers for St Catherine's Hospice as a bereavement counsellor.

Chi has over 20 years experience in Mental Health and Sexual Health.

For 15 years, he has worked with the HIV prevention team in Lancashire as a Specialist HIV Counsellor, providing a specialist counselling and HIV testing service for people who are affected by HIV/ AIDS.

Following his professional training in 'Psychosexual Therapy', Chi completed his training in 'Working with Sex Addiction for Individuals and Couples'. Chi has a special interest in working with people with sexual trauma, sexual addictive behaviour and emotional eating.



## **DATES FOR YOUR DIARY CONTINUED:**

### **MEETINGS CONTINUED:**

**Thursday 24th March 2016**

#### **BREAKING THE SILENCE: Working with Male Survivors of Sexual Abuse. With Duncan Craig**

It seems that since the silence surrounding Jimmy Saville was broken over 3 years ago, the world has changed forever. High profile cases take over our newspapers, TV screens and bus stop discussions and whilst there is a positive to all this speaking out, many people are overwhelmed by it all and are walking through the doors of both counselling and therapy agencies and private practitioners, many of whom have never worked with this issue before.

Data tells us that the biggest increase in disclosures are coming from males, many of whom have carried this secret with them for many years.

Survivors Manchester's founder and CEO / Psychotherapist, Duncan Craig, has spent the last 6 years working specifically with males to understand the impact and legacy of abuse; challenging decision makers to ensure that male victims are included in the social discussion; and campaigned to ensure that fair and equitable access to support is given to males.

Duncan will discuss the issue of silence, of disclosure, of legacy, from a unique perspective of being a professional working with male victims and from his own personal understanding of being a male survivor.

This discussion based briefing aims to provide the audience with points of reflection and increase awareness of the needs of male survivors.

<http://www.survivorsmanchester.org.uk>



**FULL DAY WORKSHOP**  
**MAKING THE MOST OF SUPERVISION**  
**Saturday 20th February 2016**  
**With Robin Shoet**

The focus of the day will be on the supervisory relationship. We will look at what contributes to making it a robust but supportive relationship, and what could contribute to resistance from either, or both, parties, which will also include looking at the context in which supervision takes place. The workshop will be experiential, but we will also include theoretical material relating to projective identification and parallel process and the seven eyed model as described in Supervision in the Helping Professions (Hawkins and Shoet 2012 4<sup>th</sup> edition.)

Robin Shoet has been a supervisor for nearly forty years and published extensively in the area, including co-authoring of Supervision in the Helping Professions and editing Passionate Supervision, Supervision as Transformation and Supervision in the Medical Profession.

***The workshop will be equally as beneficial to both supervisors and supervisees.***

***Numbers have been restricted to enhance members' experience of the day. If you are interested, there are only a few places left so book now to avoid disappointment!***

Application form overleaf.



**“Making the Most of Supervision”**

**Robin Shohet**

**One Day Workshop: Saturday 20<sup>th</sup> February 2016**

Friends Meeting House, 13 The Polygon, Eccles, Manchester. M30 0DS  
**Registration 09:30-10:00 : Workshop 10:00-16:00**

The maximum number of participants is limited; first-come first-served basis.  
Late enquiries for the workshop are welcomed as last-minute places may be available owing to late cancellations.

Please let us know of any special requirements, e.g. dietary, mobility

**Lunch and refreshments are all included in the workshop fee**



.....  
Please book the following (Robin Shohet 20/2/16) :-

Number of CNW Members @ £ 85 per person.....

Number of CNW Non-members @ £ 95 per person.....

Total Number .....Total Payment - Cheque Enclosed for: £ .....

Name(s).....

Contact address.....  
.....

Tel.....e-mail address.....

Please return the form with your payment (cheques made payable to **Counselling North-west**) to:-

**Pat Howard,**

96 Grappenhall Road, Stockton Heath, Warrington, Cheshire. WA4 2AX

# MEETINGS AND WORKSHOP REPORTS

## Online Counselling

22nd September 2015

Presented by Pauline Summers

Pauline has been a qualified counsellor since 1997, became a supervisor in 2001 and subsequently achieved her MA in 2006. She has worked in the NHS and private practice as well as working online. Pauline stresses her belief in gaining formal training to work online. Her presentation generated much discussion around the advantages and potential disadvantages/pitfalls around online counselling. Pauline invited the members to contribute, ask questions and share thought and experiences. The purpose of this presentation was to encourage individuals to consider their approach, should they wish to work online. Also to consider inevitable changes in how counselling can be delivered, alongside the traditional face to face approach. Pauline went straight to the heart of counselling-'*the counselling relationship*', what this is and how a therapist can make the transition from face to face to online, whilst developing trust, understanding, shared understanding, clarity and retaining boundaries. For example, developing skills, working with texts can utilize the "power of words", help express intensity, feelings, communicate empathy and express nuance. By checking out a client's type and style of vocabulary, expression through words, feelings and interpretation of vocabulary, colours, fonts and emoticons-much of the therapeutic relationship can be enriched. Pauline offers ways to create a rapport online. As with traditional face to face counselling, conveying warmth, appropriate use of humour, attention to detail, 'being real' and mirroring are possible on-line. The use of imagery, emoticons, colours and fonts alongside actual text the therapist is able to develop an intimacy with a client, in much the same way as traditional face to face counselling.

The presentation created a great forum for various issues to be raised and explored, with some members contributing examples of their own experiences and pool of knowledge. I found this a useful 'brainstorming' way of putting some shape to my own thoughts with experienced therapists and others with some online experiences. Although the benefits and potential disadvantages are not exhaustive I have included many raised in bullet point format.

### Benefits

Accessibility increased to therapy-/flexible times availability

Wider audience-overseas, ex-pats, clients with mobility difficulties

Appeal to younger generation

May provide avenue for people who may fear face to face/potential to build trust/confidence

Records of sessions may be useful for client and therapist

Technology revolution/keeping up with change

Less overheads possible

Portable service

## **MEETINGS AND WORKSHOP REPORTS CONTINUED:**

### **Disadvantages**

- Requires specific controlled boundaries in contract-i.e. what is on offer/when/client expectations.
- Broader demographic may pose increased safety/security/risk.
- Confidentiality issues/Data Protection/I.T issues (providing alternative if technical issues).
- Unclear guidelines- i.e. BACP & legal ramifications.
- Client safety-who is on the other end of the line-client and counsellor?
- Therapist safety-how do we know what information client gives is accurate-age/location etc.?
- Client presents real risk harm to self/others real time...what actions/measures/risk assessments.
- Appropriate supervision...? Requires specialised training? Mandatory or optional for client/counsellor safety.
- Potential miscommunication/vast communication styles-interpretation
- Requires proficient IT skills.
- How does transference/counter-transference work with? Potentially a barrier of technology/limitations of use of self in therapy.
- Does on-line enable client to avoid addressing any issues-i.e. attachment.
- How does therapist know if client is under influence of substances?
- How do we legislate to minimize risks/threats to safety
- Consider implications if working from therapist's own home-disadvantages and advantages.

As you can see from the many points raised by Pauline and the members of Counselling Northwest, the ripple effect leads to much thought provoking, highlighting the absolute need to be thoroughly prepared and equipped before engaging in online counselling. To work in a legal, ethical and professional way, many members expressed that greater clarity was needed from governing bodies, thus reflecting legal responsibilities for counsellors. There seemed to be uncertainty about where counsellors stood in terms of the law and the BACP. For myself, this is something I would need to explore further before offering online counselling.

Finally, Pauline tantalizes us with an image hinting at the potential future of therapy-Star Wars characters participate in a meeting with a hologram character projected into their space. Could therapists and clients really be projected into a therapeutic session? This concept blew my mind. I cannot even begin to unpack this, but it certainly reminds me of a need to be informed, keep updated and keep an open mind, however I choose to work. I found Pauline's presentation of 'Introduction to online counselling' to be very informative, open to much discussion and opinion and real food for thought and professional development.

**Nichole Faulkner**

## **MEETINGS AND WORKSHOP REPORTS CONTINUED:**

### **COMPASSION FOCUSED THERAPY WORKSHOP – 10<sup>TH</sup> October 2015**

#### **PRESENTED BY LOUISE NESBITT:**

After a short introduction, we were asked to engage in an exercise in which we were to imagine a (hypothetical) shame related event, feeling or fantasy, to think about speaking about it, what would be our automatic feelings? How might we be affected by what others would think or feel or behave toward us? What would be our key fear? Then, how we would respond to our own thoughts and feelings about our self, what would be our key fear, what would I do? We discussed our coping behaviours, what we might do.

#### **The Principles of Compassion Focused Therapy (CFT)**

Researchers have found that high levels of shame and self-criticism were associated with a range of psychological issues that were difficult to help using traditional therapies.

CFT was developed by Paul Gilbert, he discovered that individuals with these issues often came from dysfunctional backgrounds, making it difficult for them to feel reassured or safe. CFT has been developed to increase the ability to create a sense of inner safety and self-reassurance as an antidote to self-criticism and shame.

Where other therapies work on reducing negative emotion, which is obviously helpful, recent developments in psychology have shown that promoting positive emotion has many benefits. CFT lends itself to building specific positive options that are linked to well-being.

#### **The Reality Check: What is Compassion?**

Compassion begins with the acknowledging the reality of our lives: that our lives are limited, we are destined to age and die. That we often suffer illnesses and tragedies. That our lives are influenced by the lottery of our genetic make-up and other chance events. By accepting that our life comprises change and loss. That our primary role is to maintain our survival, not to seek happiness.

CFT represents a detailed and complex addition to many existing therapies when used integratively, and relates directly to the human condition.

## **MEETINGS AND WORKSHOP REPORTS CONTINUED:**

### Further Reading:

Paul Gilbert: *The Compassionate Mind*

Mary Welford: *Building your self-confidence using CFT*

Russell Kolts: *Managing your anger using CFT*

Deborah Lee: *Recovering from trauma using CFT*

Chris Germer: *The Mindful self-compassion*

Kristen Neff: *Self-Compassion*

**Alan Corbett**



*Just as there is room in the sky for a thunderstorm, so there is room in the vast space of our mind for a few painful feelings; and just as a storm has no power to destroy the sky, so unpleasant feelings have no power to destroy your mind.*

*Geshe Kelsang Gyatso*



## MEETING AND WORKSHOP REPORTS—CONTINUED

### 20th October 2015. Working with Youth and Gangs. Presented by Sean Collins

The most important message I took from the evening was the label of “gang” and how important it was to look beyond this when working with someone who is connected with a gang. The speaker discussed in great length how we all have preconceived ideas about labels and that someone from a ‘gang’ carries very strong negative connotations with them that are most often associated with criminal activity.

#### Connotations of Youth associated with Gangs:

- ◇ Trouble causers
- ◇ Delinquents- possibly involved in violence
- ◇ Drug and alcohol abuse
- ◇ Promiscuous sexual activity
- ◇ Money
- ◇ Power
- ◇ Recognition

When working therapeutically with youth associated with gangs, the speaker stressed on the importance to look beyond the label of “gang member” and see the individual. As in any therapeutic relationship, an alliance has to be created based upon mutual respect to effect beneficial change in the client. In order to do this successfully the therapist must put aside all preconceived ideas and prejudices about the client’s background.

We ended the night with discussing other forms of gangs such as *Corporate gangs*. Members of corporate gangs are expected to follow a certain etiquette, and leadership of a corporate gang required a higher level of intelligence/status than other gangs. However corporate gangs are not only accepted by society, but are also trusted. So, why the double standard? Simply put: labels! Some labels are accepted and some are feared.

**Urooj Khan**

## **MEETING AND WORKSHOP REPORTS—CONTINUED**

### **Dr Claire Gately on ‘Working with Personality Disorder’, Tuesday 17<sup>th</sup> November 2015**

This was a packed and lively meeting, with forty people attending, with lots of opportunities for participants to discuss the issues arising for therapists and practitioners. Claire Gately is a Clinical Psychologist, working at the Edenfield Forensic Unit, Prestwich and at HM Prison, Manchester. She provided a detailed outline of the main features of personality disorder as a clinical diagnosis, but was open to discussing the limitations of this label and also the stigma which can surround its use. She suggested that personality disorder “needs a good PR campaign”, perhaps along the lines of recent campaigns, aimed at increasing public awareness of other mental health conditions, such as schizophrenia and depression.

She defined personality disorder as consisting of extreme personality traits, which can be expressed in a person having severe difficulties in maintaining relationships with others, or just in getting on with other people, or in keeping out of trouble ( e.g. with the law), and in managing their powerful and rapidly-changing emotions. Claire compared the diagnostic criteria from current psychiatric models, e.g. DSM-5, ICD-10, relating mainly to the US and Europe respectively. She suggested that the notion of ‘clusters’ of symptoms was useful to her in her own work. There seems to be a move currently towards thinking of personality disorder more as a *continuum*, rather than as a somewhat rigid and fixed emotional state.

Partly because of the stigma attached to personality disorder, and because of the potential for continuing developmental change on the part of teenagers and young adults, mental health services are often reluctant to apply the label to people aged under 25. Personality disorder requires symptoms and behaviour to be *persistent*, i.e. longstanding, *pervasive*, i.e. applying in a broad range of situations, and *problematic*, i.e. causing significant distress to the individual, or to others closely connected with them. Mental health policy has shifted since 2003, with the publication of a Department of Health Report, Personality Disorder: No Longer a Diagnosis of Exclusion, replacing earlier pessimism about the value of therapy for clients and patients with this condition or diagnosis.

## **MEETINGS AND WORKSHOPS CONTINUED:**

The group looked at a brief case study and then worked in small groups, to explore personal and professional experiences of relating to someone with traits of personality disorder. There was some discussion in the group about whether the alternative term of 'Emotional Intensity Disorder' might be a less stigmatising and, in some ways, more accurate a term?

In terms of therapy, Claire covered the limited value of medication for personality disorder and the broad range of therapeutic approaches used with this client and patient group, such as Cognitive Behaviour therapy, Cognitive Analytic Therapy, Schema Therapy, Mentalisation Based Therapy, Dialectical Behaviour Therapy and Arts Therapies, which all seemed to have roughly the same outcomes and effectiveness. For therapists, her suggested guidelines included the advice to 'expect the unexpected', to monitor our own personal responses, to maintain clear and consistent boundaries and to use self-reflection, particularly in supervision, to support our therapeutic work.

### **Resources:**

[www.getselfhelp.org.uk](http://www.getselfhelp.org.uk)

Emergence, Meeting the Challenge, Making a Difference from:

[www.emergenceplus.org.uk](http://www.emergenceplus.org.uk)

Ministry of Justice (2011) Working with Personality Disordered Offenders: A Practitioner's Guide from <https://www.justice.gov.uk/downloads/offenders/mentally-disordered-offenders/working-with-personality-disordered-offenders.pdf>

**Peter Jenkins**



### LINKING CPD WITH PRACTICE

Just over one year ago I was setting up my private counselling practice, fresh from graduation. Having over 25 years working with people and as a therapist and a nurse, building therapeutic relationships had always involved a physical proximity and a degree of intimacy. Whilst helping me with some of the IT side of my business setup, my 15 year old son suggested I could provide counselling online. This evoked my immediate response, "Not for me, thanks!". True to myself, I was intrigued to analyze my initial strong aversion to this. What was it that made me feel scared of this idea? I can provide two strong elements which brought about a flurry of jumbled concerns. Firstly, SAFETY.....for me, this the ultimate deal breaker. So much to think about...where to begin. Then what about Intimacy in the therapeutic relationship? How do I reconcile this with computers and technology in my ways of working? Having accumulated a jumbled array of thoughts and emotions on this subject, I was thankful for the opportunity to attend a presentation held at Counselling Northwest by Pauline Summers. In order to be in a position to make informed choices I was keen to attend, to share thoughts, knowledge, experience with others members.

The title of this presentation was therefore of particular interest to me, as I have been giving this subject some genuine consideration. In many ways I feel it is inevitable to 'get on board' with the whole social media revolution, albeit an ever changing interface. To be completely honest, I only agreed to write this article because the idea scared me! So I hoped I might learn something from my experience. As a relatively 'new' qualified counsellor, with my own private practice, I am keen to enable prospective clients' enhanced accessibility whilst addressing the ever changing needs and possible expectations from counselling. The idea of understanding how online counselling works, the technical nightmares I envisage, not to mention the ethical and legal ramifications. Surely, the sensible approach would be to just ignore the whole subject matter? I have a sneaking suspicion that is not an option. I confess, only several days before I was due to attend Counselling North West to hear Pauline's presentation about 'online counselling', I was asked by a regular 'face to face' client whether I was able to provide online counselling for his next scheduled session, as he was travelling abroad. He was keen not to miss his next session. This highlighted a need to decide if and how I could achieve a provision for online counselling effectively and professionally. I have to be prepared to make an informed choice about how I can provide a professional service. I am a keen advocate of promoting counselling/psychotherapies to become a non-stigmatized part of our holistic healthy approach towards our mental and physical well-being. Much the same way in which we are encouraged to strive for physical health through healthy eating and exercise, thus, I see a holistic approach can be attainable through easier access to mental health care facilities. I consider the need, inevitability, benefits and potential disadvantages of online counselling. Not yet swayed or convinced either way to provide online counselling, in the infancy of my career, this presentation gave me an opportunity to organize my random thoughts on a subject I will inevitably need to address, if for only one reason...I opt in and be prepared, or choose not to engage in this particular delivery of service.

**Nichole Faulkner**



Network for Counsellors in the North West

www.counselling-northwest.org.uk

For office use only

Memb. No: .....

Receipt No: .....

CNW Membership Sliding Scale Fees – 2015/16						
Period of joining.....	1 <sup>st</sup> July – 31 <sup>st</sup> Dec	<input checked="" type="checkbox"/>	1 <sup>st</sup> Jan – 31 <sup>st</sup> March	<input checked="" type="checkbox"/>	1 <sup>st</sup> April – 30 <sup>th</sup> June	<input checked="" type="checkbox"/>
Full Member	£20:00		£15:00		£10:00	
Diploma Student	£10:00		£7:50		£5:00	
Remember that membership entitles concessionary fees for workshops As there are no meetings, workshops or other events organised in July and August, anyone joining/ renewing during those two months will be credited with membership for the whole of the following membership year						
Fee for (non-member) visitor at speaker's meeting: £5.00 per visit						

Please tick the box of the membership category for which you are applying/renewing, complete the rest of the form and return to the Membership Secretary with cheque payable to *Counselling Northwest*

(Please note: a receipt will be sent electronically)

Membership Secretary, Pat Howard, 96 Grappenhall Road, Stockton Heath, Warrington, Cheshire. WA4 2AX

Tel: 01925 266428 email: info@counselling-northwest.org.uk

**PLEASE COMPLETE IN BLOCK CAPITALS**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

POSTCODE: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

MOBILE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

WEBSITE: \_\_\_\_\_

...Continued Overleaf

**New Members – Where did you learn about Counselling Northwest?**

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**Do you work primarily in:-**

**NHS                      Education                      Third Sector**

**Private Practice**

**Other                      (Please specify) \_\_\_\_\_**

**Therapeutic Approach: \_\_\_\_\_**

**Professional Body Membership eg: BACP/BPS etc**

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**Please circle which is/are appropriate to you:**

**Counsellor                      Supervisor                      Trainer                      Student**

**What topic areas for evening meetings/day workshops would you be interested in? \_\_\_\_\_**

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**Please note that the sliding scale only applies to new members.  
It does not apply to CNW members re-joining after a lapse of membership, who would be expected to pay the full annual fee whenever they join throughout the CNW year  
Fee for visitor at speaker’s meeting: £5.00 per visit**



Join our Facebook group by searching:

**COUNSELLING NORTHWEST**

Members are encouraged to use the site to engage with other therapists for purposes such as:

- ◆ Networking
- ◆ Advice and guidance
- ◆ Discussions
- ◆ Sharing relevant information with others
- ◆ Offering suggestions to CNW
- ◆ Offering feedback to CNW

Members will also be updated with regular reminders of upcoming meetings and workshops

## **NOTICES**

CNW would like to invite all members to put forth any venues they may feel appropriate to the needs of the CNW meetings. The more information you can provide the better but we can arrange to look into these if you provide us with the details.

## **VACANCIES**

We currently have the following vacancies on the CNW committee:

### **VICE –CHAIR**

To manage and contribute to monthly committee meetings in the absence of the Chair.  
To host the occasional evening speaker's meeting.

### **EXTERNAL CONTACTS CO-ORDINATOR**

To network with relevant services and organisations to promote  
Counselling North-West.  
To provide newsletters to external services, colleges, & Universities.  
To promote advertising in the CNW newsletter.

### **SOCIAL MEDIA CO-ORDINATOR**

To maintain and regularly update CNW's Social media pages.  
To respond to enquiries on CNW's social media pages.

### **TREASURER**

Using spreadsheets to record CNW's annual income and expenditure. Full training can be provided.

### **GENERAL COMMITTEE MEMBERS**

A variety of minor roles are available including the setting up and tidying away of our venue for evening meetings and workshops, publicising Counselling North west, completing meeting and workshop reports and/or articles for the newsletter, meeting and greeting members at networking events, managing refreshments, managing equipment, etc.

## CALLING ALL MEMBERS!



### CNW NEEDS YOU!!

As you will be aware, Counselling North West was set up as a networking group for therapists and so we would like to remind members that they have the opportunity to shape the group and gain hours of CPD in terms of:

- ◆ Offering suggestions for topics you would like more knowledge of at monthly meetings and workshops
- ◆ Facilitating a meeting or workshop to offer your own knowledge to others
- ◆ Volunteering in the running of, and continued development of, CNW
- ◆ Offering feedback of your experiences, and ideas for future developments
- ◆ Contributing to the newsletter with articles, poems, items of interest, etc

How would you like to see CNW continue? Could you be involved? How could we improve? Let us know!

You can e-mail us at [info@counsellingnorthwest.org.uk](mailto:info@counsellingnorthwest.org.uk), or alternatively you can speak to any committee member at any one of the meetings. We look forward to hearing from you.

## **Supervision and Counselling , Student Counselling**

At competitive and negotiable prices!

**Offered**

**By**

**Stephanie Kitt**

-

Accredited MBACP and CNW member.

I have enjoyed practising as a person centred counsellor since 2006, achieving my BACP accreditation in 2012. Since September 2012, I have completed a BACP approved diploma in counselling supervision, giving me the skills to offer supervision to counsellors and student counsellors.

December 2014 gaining a certificate in CBT .

I work privately with individuals and couples and with school children providing face to face counselling, individual and group supervision and self- esteem workshops. I also work as a supervisor for the Counselling and Family Centre in Altrincham.

My practice is in Urmston Manchester.

You are very welcome to ring, text or email me for an informal chat and we can arrange a session to see what I can offer you and if we feel comfortable working together.

Tel: 07725 356460

Email: [stephfish2003@yahoo.co.uk](mailto:stephfish2003@yahoo.co.uk)

## **Counselling Northwest - Committee**

<b>Position</b>	<b>Name</b>
<b>Chair</b>	Steve Leach
<b>Vice-Chair</b>	Frances Owen
<b>Minute Secretary</b>	Tracy McCadden
<b>Speaker Secretary</b>	Urooj Khan
<b>Membership Secretary</b>	Pat Howard
<b>Treasurer</b>	Tony Howard
<b>Newsletter Editor &amp; Production</b>	Tracy McCadden & Tony Howard
<b>Social Media Co-ordinator</b>	Vacant
<b>External Contacts Co-ordinator</b>	Vacant
<b>Catering Co-ordinator</b>	Frances Owen
<b>Committee Members</b>	Hazel Wilcock, Peter Jenkins

**All general enquiries, including vacancy enquiries should be addressed to: [info@counselling-northwest.org.uk](mailto:info@counselling-northwest.org.uk)**

## **Important Information about the Newsletter**

- 1) Authors who submit book reviews or articles must own the copyright of the material they submit. Copyright remains with the author after publication
- 2) Material submitted may be edited, subject to the constraints of the newsletter
- 3) *Counselling Northwest* cannot assume responsibility for the accuracy of articles or information submitted for publication in its newsletters
- 4) *Counselling Northwest* is not responsible for individual opinions expressed in articles, letters or information submitted for publication in its newsletters, nor are any views expressed necessarily those of the *Counselling Northwest* Committee
- 5) Whilst *Counselling Northwest* may, from time to time, publish advertisements relating to Counselling & Psychotherapy, publication of such advertisements should not be taken as any form of approval or endorsement of the service(s) or product(s) being offered
- 6) The newsletter is sent to all paid-up members of *Counselling Northwest*, by e-mail and also by mailed hard copy if requested. Additionally, it is circulated at various colleges, libraries etc. and then archived on the website.
- 7) We welcome invitations from colleges to speak briefly about *Counselling Northwest* and its work

### **EDITORIAL DEADLINE**

Deadline for submitting contributions to the April 2016 newsletter is

**Friday 18th March 2016**

**Please send any contributions to:**

**info@counselling-northwest.org.uk**

### **ADVERTISING**

**Minimum size of advert is one page of A5 @ £15.  
A two-page spread costs £25**

## **DIRECTIONS & PARKING FOR QUAKERS MEETING HOUSE**

**Quaker Meeting House, 13 The Polygon, Wellington Road, Eccles. M30 0DS**

Unfortunately, parking at the Quakers Meeting House is limited to approximately 15/20 spaces.

*Should this car park be full on your arrival, please make your way to the council car park (free parking after 18:30) using the following directions from (\*)*

### **Approaching towards Manchester on M602**

Exit at Junction 2 – signposted Pendleton A576 – at traffic lights - take immediate 1<sup>st</sup> left onto WELLINGTON RD - Quakers on the right.

If car park is full:-

**(\*)** Carry on along Wellington Road to traffic lights

Turn left onto ALBERT ST. Back over the M602

Turn left into JOHN WILLIAM ST.

Turn immediate left into VICARAGE GROVE

Entrance to car park is on your immediate right

### **Approaching from Manchester on M602**

Exit at Junction 2 – cross the motorway, around the roundabout and take left turn signposted Pendleton A576 – at traffic lights -take 2<sup>nd</sup> exit onto WELLINGTON RD - Quakers on the right [if car park is full]

**(\*)** Carry on to traffic lights,

Turn left onto ALBERT ST. Back over the M602

Turn left into JOHN WILLIAM ST.

Turn immediate left into VICARAGE GROVE

Entrance to car park is on your immediate right

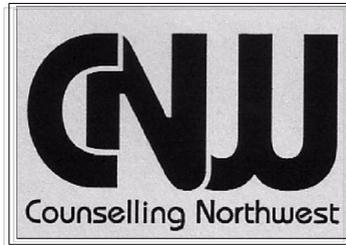
***From the car park, exit onto VICARAGE GROVE towards the railway station***

***Then cross the footbridge over the M602***

***Turn right onto WELLINGTON RD***

***The Quakers Meeting House is a short walk on the left***

**A MAP CAN BE FOUND ON THE WEBSITE: [www.counselling-northwest.org.uk](http://www.counselling-northwest.org.uk)**



Network for Counsellors in the North West

**[www.counselling-northwest.org.uk](http://www.counselling-northwest.org.uk)**

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